



On May 31, tobacco users around the world will come together to celebrate World No Tobacco Day by going just one day without tobacco. But why stop at one day? This year, make every day a no tobacco day with the help of our program. When you enroll, a trained Quit Coach® will help you create a customized plan to help you say “no” to tobacco for the rest of your life. You may be eligible to receive a free 8-week supply of nicotine patches, gum or lozenges to help you stay on track.



QUITLINE IOWA
1.800 QUIT NOW | 1.800.784.8669

1.800.QUIT.NOW | www.quitlineiowa.org
(1.800.784.8669)